



# GF&RD

the Gilbert Fire and Rescue Department

# VOLUNTEERS

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## Kim's Corner

By Kim Yonda  
Gilbert Fire and Rescue Department  
Volunteer Coordinator

The word “energized” best describes me! After returning from the National Conference on Volunteering and Service, I am energized and excited about all the Volunteer adventures that are in front of us. Are you curious about my interesting classes, memorable moments, and traveling adventures?

Then, as a Gilbert Fire & Rescue Credentialed Volunteer, I hope you have already registered for this year’s Annual Meeting. This year’s



meeting theme is Think +. (For those of you who are wondering what that could possibly mean, it's “Think Positive.”) If you have been in my office and read the yellow sign, you will understand the theme. It’s going to be an action packed, informative meeting, one you won’t want to miss. And I look forward to seeing you there!

This weekend was our Volunteer Program Training Blitz. It was great to see that so many attended to enhance their knowledge, and to be inspired by the instructors. Much appreciation to the organizations who shared their instructor’s time and knowledge with us: Poison Control, Arizona Statewide Living Council, Hospice of the Valley, Wells Fargo, Phoenix VA Healthcare System, Jewish Family & Children’s Services, Cigna Health Care of Arizona, American Legion Post 39, United Food Bank, Chandler Christian Community Center, Paz de Cristo Services, and the Area Agency on Aging. A very special thanks to Volunteers, **Dianna Erickson, Diane Howard, and Janet LaTour** for coordinating the instructors, all of whom were experts in their fields.

There are very many amazing Volunteer opportunities ahead of us, and I am so excited to be able to share them with you! But it will have to wait until our Annual Meeting, just a few days away. Please don't forget to choose either the August 9, or August 13, meeting dates, reserve your seat today, and register online!

Thank you each for your continued service. Dare to dream, and then watch what happens!



Diane Howard and Janet LaTour visited the Ketchikan, Alaska Volunteer Fire Department. She was able to see historical documents and equipment, as well as meet the friendly crew.



## Program Support Desk

By Johnna Switzer  
GFRD Volunteer

Volunteers who have forgotten their user name or password for the Samaritan data base should contact Kim or Tonya for help in resetting them. Please do not create a new account. When you do this, it creates an entirely new account, and then you have two accounts in the data base. Some information will be in one account, and some will be in the other.

Unfortunately, Kim cannot blend the two together, so the information in one account has to be manually retyped into the second. Please remember that if you are having problems with your account, or you have not yet used it, please contact Kim. She will be more than happy to help you out.

# Fire and Disaster Preparedness for Pets

By Johnna Switzer  
GFRD Volunteer

Everyone has heard about the importance of having a family fire escape plan, and pets should also be considered. They will not be able to calmly let themselves out and find safety. It is vital to have an escape plan and an emergency kit prepared for your pets.

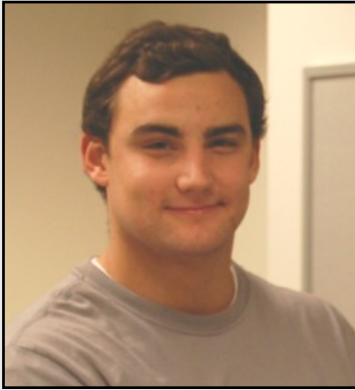
First and foremost, ensure that all pets are wearing a collar and tag with current identification. This should include name, phone number, and urgent medical conditions. Ideally, all pets should also have a microchip. This is permanent identification provided by a chip the size of a grain of rice, and implanted in a pet's shoulder region. Unfortunately, pets are sometimes able to slip out of their collars, and microchips are often the only way a pet can be reunited with its owner.

Every dog should also have easily accessible leashes, and all cats should have carriers. If there is no carrier, a lightweight cotton pillowcase can safely be used to transport a cat or small dog. Do not leave a pet in a pillowcase for longer than necessary, (ideally less than 30 minutes). Pets will often panic at the smell of smoke, and they can slip outdoors unaccompanied in the chaos of an evacuation. Also, be aware of your pets hiding places. They are likely to be fearful and hide in a nook or cranny. This may make them impossible to find. Examine the house and map, on a piece of paper, a pets' favorite hideouts, as well as any other likely small hiding spots. Keep this map in the emergency/disaster kit. If you must evacuate and can't find the pets, be sure to leave a door open to the outside. Once safely out, call your pet. He may try to follow your voice, but be prepared for him to panic, and be ready to catch him quickly once he is outside.

Have an animal disaster kit packed in a waterproof container that is easy to carry, and left in a convenient location with the people's kit. It should include the following:

- Three days worth of food if it is a special diet. If the food is canned, opt for pop-tops. If it is dry, rotate it every two months to prevent spoilage.
- One week's worth of prescription medications rotated them every six months.
- An extra collar or harness, along with a leash for each pet.
- Current photos of your pets for identification purposes.
- Pet first-aid kit that includes cotton bandage rolls, antibiotic ointment, isopropyl alcohol and saline solution, and any other things you have found helpful.
- Blanket for scooping up a frightened pet.
- Photocopies of current medical records, particularly vaccine certificates because some shelters will not take a pet without this information.
- A toy or favorite blanket.
- Plastic bags for picking up excrement for dogs, and some kitty litter to put in a box for cats.

Another thing to do is to put a Rescue Alert Sticker on the front door or window. This will let rescue workers know what type, and how many pets are in your household. A little planning will ensure that the entire family, including pets, will be safe in case of a fire or a natural disaster.



**C**ongratulations Jeff Bell! Jeff has shared his time and talents with the Community Assistance Program since 2011, and his position with the department recently changed from Volunteer, to Fire Fighter. Please join me in congratulating Jeff. Jeff, your fellow Volunteers wish you much happiness, and success with your new career!

### A Little Laugh

**A** food truck waiter gave a Zen master his ordered hot dog, and the Zen master gave the waiter a ten dollar bill. When the waiter turned to serve another customer, the Zen master asked, "Where is my change?" The waiter replied, "Real change comes from within!"

### And For The Small Fry

**A** fireman walked into a barbershop and asked the barber "How much does a haircut cost?" The barber answered \$25. "And for a shave?" The barber answered, "\$20." "Okay" said the fireman, settling into the barber chair, "Shave my head."

## You've Been Spotted

**Thank you for doing something great!**

Jeremy Berini  
Dianna Erickson  
Tim Held  
Jeff Heywood



Ryan Keating  
Kelsie Knox  
Jack Kukkola  
Colton Latsko  
Brandon Siebert

**You are appreciated!**





**E**mergency Management Volunteer Interns Stephen Aguilar and Jill Goodrich welcome Sheri Gibbons back from vacation with a little interior decorating to her office.

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“In any situation, the best thing you can do is the right thing; the next best thing you can do is the wrong thing; the worst thing you can do is nothing.”

- Theodore Roosevelt

# Cook & Ladder

## Grilled Glazed Salmon

Serves four

### Ingredients

4 six ounce salmon fillets, skinless

enough vegetable oil to rub fish

salt & pepper

¼ cup & 2 Tbs Dijon mustard

¼ cup prepared drained horseradish

2 Tbs honey



### Directions:

Mix the mustard, horseradish and honey together.

Rub salmon with the oil, and flavor with salt & pepper.

Grill over medium heat until lightly browned, about 3 minutes on each side.

Spread each piece of salmon with the mustard glaze.

Grill again, until glazed (about 30 seconds).

Serve remaining glaze mixture on the side with the salmon.

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## Welcome

New GFRD Volunteers

Neil Acevedo   Jeff Heywood

Shawn Patterson   Joe Reyes

# COMING UP

## AUGUST

4	CPR PRO Certification Class	6:00 -10:00 PM	Room 6	△ / Open to Public
4	Citizen Corps Operations CoA	6:00 - 8:00 PM	Room 2	△
9	Annual Meeting	6:00 - 8:30 PM	Room 1	COM 251 only
13	Annual Meeting	7:00 - 9:00 PM	Amphitheater	△ / Open to Public
25	CPR PRO Certification Class	6:00 -10:00 PM	Room 6	△ / Open to Public
27	First Aid Certification	6:00 - 9:00 PM	Room 1	△ / Open to Public

## SEPTEMBER

Fire Administration Will Be Closed  
September 1  
Labor Day



△ Open to CERT, FC, and VIPS Volunteers

Gilbert Fire and Rescue Department Volunteers register on line.

All others

Register with Kim Yonda @ 480-503-6325 or [kim.yonda-lead@gilbertaz.gov](mailto:kim.yonda-lead@gilbertaz.gov)